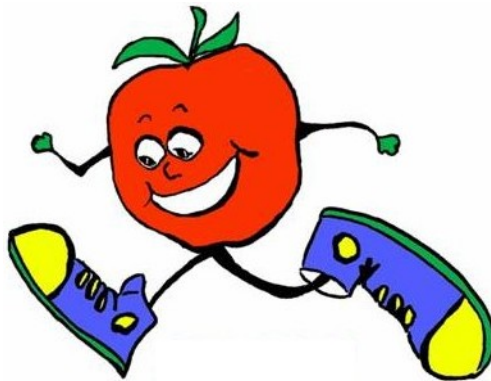


Office of Public Instruction  
Division of Health Enhancement and Safety

# 2005 Annual Report

## Montana School Nutrition Programs

July 1, 2004 - June 30, 2005



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March 2006

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### **School Nutrition Programs Staff**

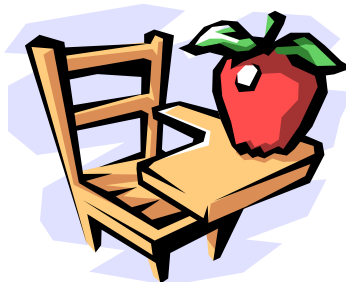
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- **Molly Stenberg**, R.D., Nutrition Consultant, (406) 994-7217

# School Nutrition Programs



The School Nutrition Programs (SNP) unit is administered by the Office of Public Instruction, Health Enhancement and Safety Division. The SNP services for schools include administration of the seven U.S. Department of Agriculture (USDA) programs and the Cooperative Purchase Program.

SNP reimburses schools for meals served to children; distributes donated (commodity) foods; provides training for school food service personnel, administrators and teachers; ensures schools are in compliance with federal regulations; and provides nutrition education for students to promote healthful habits.

In school year 2004-05, 272 Montana School Food Authorities participated in at least one of the following programs. Programs administered by Montana SNP include:

- ✓ National School Lunch Program (NSLP)
- ✓ School Breakfast Program (SBP)
- ✓ Afterschool Snack Program
- ✓ Special Milk Program
- ✓ Summer Food Service Program (SFSP)
- ✓ The USDA Food Distribution Program (including the Fresh Fruit and Vegetable Program)
- ✓ Team Nutrition Program
- ✓ Montana Cooperative Bid Program

School districts choose which programs, if any, to participate in based on local needs. Public schools, private/nonpublic schools and nonprofit residential child care institutions with children high school age or under may participate in the programs.

## **Montana SNP Vision:**

Our vision is school communities that provide children full access to healthful meals and snacks that nourish minds and bodies and school nutrition environments that encourage healthful lifestyles and are supported by community partnerships.

## **Montana SNP Mission:**

To ensure that schools provide nutritious meals and promote healthy lifestyles through collaborative education and training, and administration of the USDA's School Nutrition Programs.

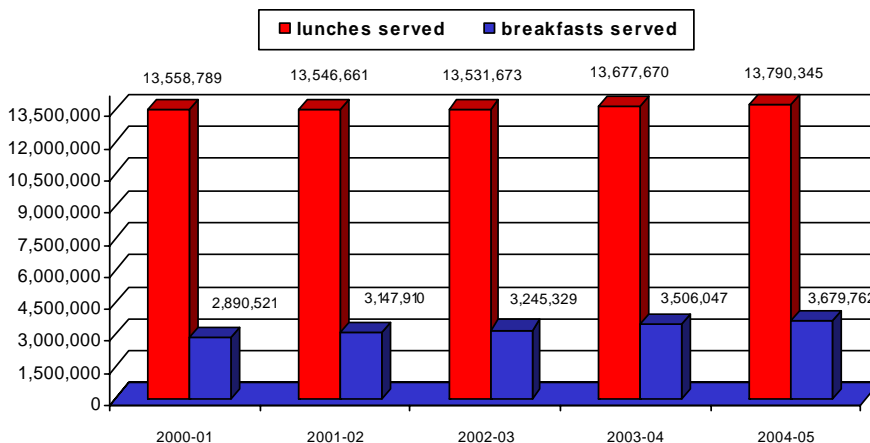
Edited by:  
Christine Emerson MS, RD  
Sofia Janik  
Kim Pullman, RD

# School Lunch and Breakfast Programs

The National School Lunch Program (NSLP) began in 1946 under the National School Lunch Act, and is intended to help meet the nutrition needs of children from low-income households. Lunches served to children under this program are required to meet one-third of the total Recommended Daily Allowance (RDA) for key nutrients (**minimum** requirements are set for calories, protein, calcium, Vitamin A, Vitamin C, iron and fiber; **maximum** requirements are set for cholesterol, sodium, total fat, and saturated fat). The School Breakfast Program (SBP) began as a pilot project in 1966, and was made permanent in 1975. Breakfasts served under this program are designed to meet one-fourth of the RDA for the key nutrients.

Many school meals are served to children eligible for free or reduced-price meals. These children come from low-income families who are most at risk for hunger and food insecurity. *Combined, a school breakfast and lunch provide over half the nutrition that a child needs in a day.*

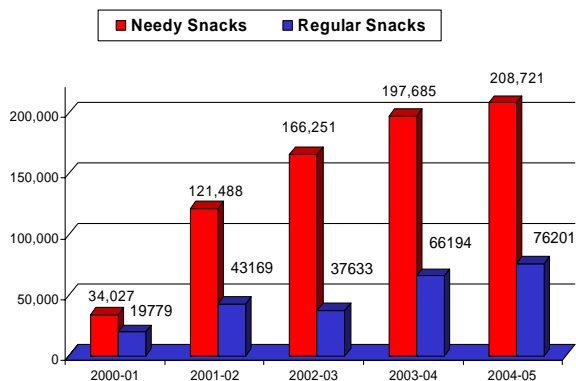
Total Number of Lunches and Breakfasts Served



## Afterschool Snack Program

Started in 1998, the Afterschool Snack Program offers children education and enrichment activities that are safe, fun and filled with learning opportunities.

Total Number of Afterschool Snacks Served

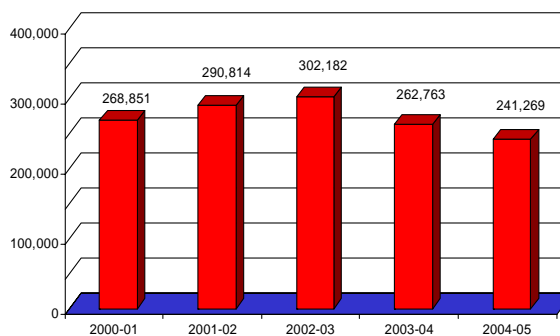


## Special Milk Program

Schools that do not provide other school meal programs may participate in the Special Milk Program. This program is also for split-session pre-kindergarten and kindergarten students who do not have access to lunch and breakfast at school.



Total Number Half Pints of Milk Served

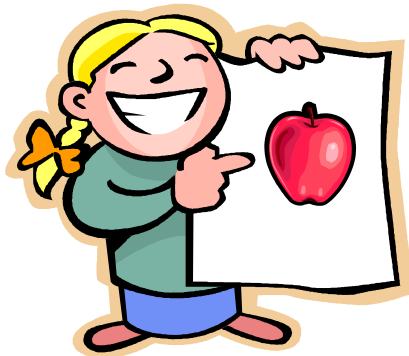
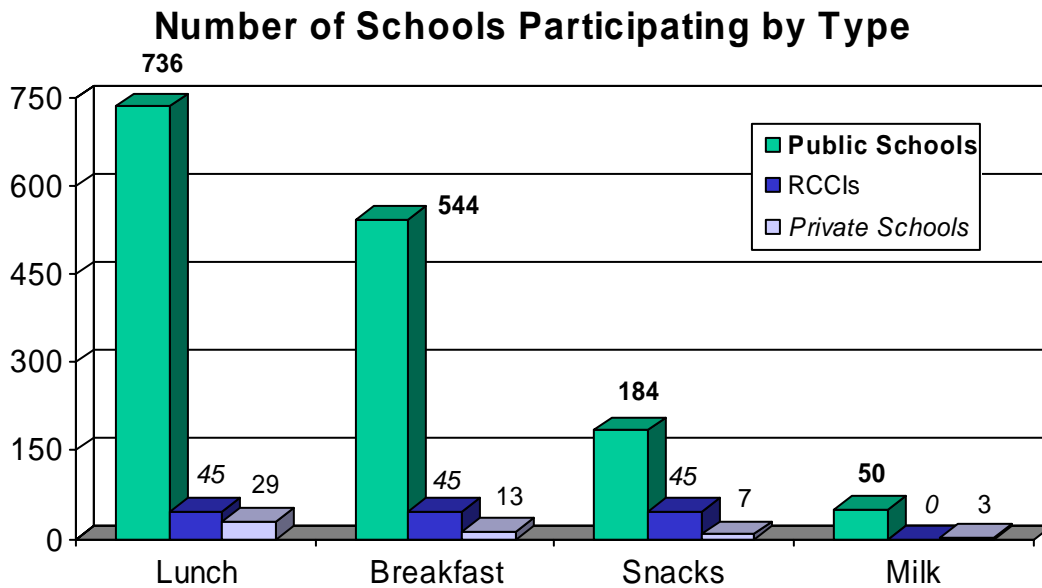


Over the past year:

- There was an increase of 112,675 lunch meals served.
- There was an increase of 173,715 breakfast meals served.
- There was an increase of 21,043 snacks served
- There was a decrease of 21,294 half-pints of milk served

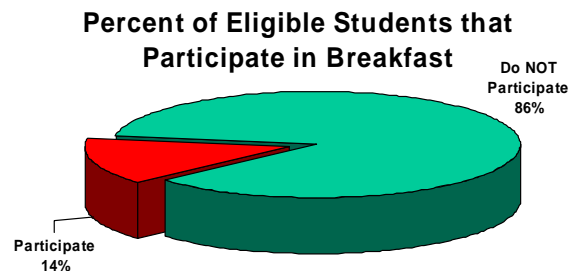
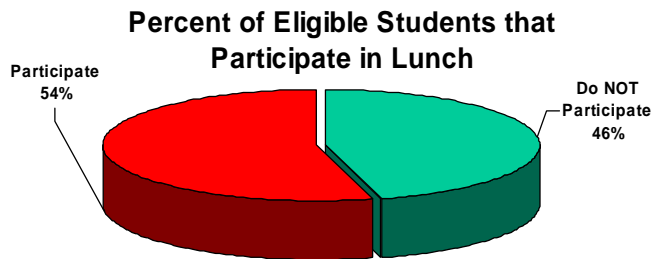
## Types of Schools Participating

In Montana, public schools, public or nonprofit private Residential Child Care Institutions (RCCIs), and nonprofit private schools participate in the School Nutrition Programs. All these organizations are collectively called “School Food Authorities” (SFAs) within the School Nutrition Programs. An RCCI can include correctional facilities or group homes for children with special needs. This chart details the types of schools (within the SFAs) that participate.



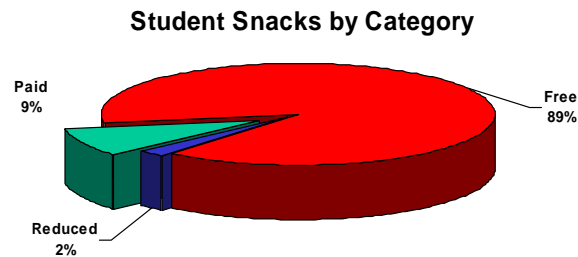
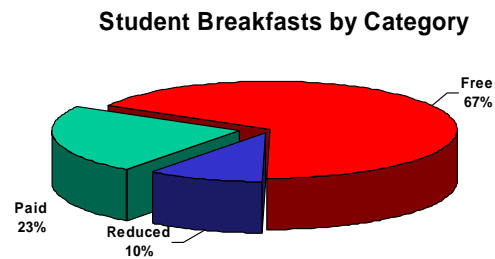
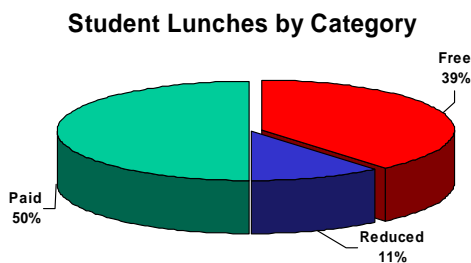
# Participation in the Programs

In Montana, 76,613 of the nearly 141,461 students eligible (in the 2004-05 school year) for the National School Lunch Program (NSLP) actually participated daily. Only 20,443 of the nearly 141,461 eligible students participated in the School Breakfast Program (SBP).



## Eligibility of Students that Participate

Of those that participate in lunch and breakfast, participants are predominately eligible for free and reduced price meals.





## Summer Food Service Program

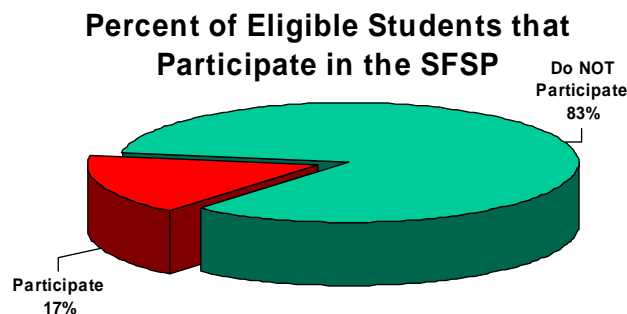
The Summer Food Service Program provides nutritious meals at no charge to children while school is not in session. This program was established to ensure that children in low-income areas could continue to receive nutritious meals in between school sessions.

Montana is dotted with small rural communities, making it difficult to reach children in need with the Summer Food Service Program (SFSP). In spite of this difficulty, however, there are sponsors and sites in low-income areas in each of the six large cities and on each of the seven American Indian reservations throughout the state.

Of the 52,279 children receiving free and reduced-price meals during the school year, only 8,667 (just under 17 percent) participated daily in the Summer Food Service Program in 2005, a slight decrease from 2004, where 10,203 children participated.

To try and better meet the needs of the children in Montana, School Nutrition Programs actively recruits sponsors throughout the school year. School Nutrition Programs also works to make the program more appealing to children. School Nutrition Programs has also developed partnerships with service-oriented professions, such as police and fire departments.

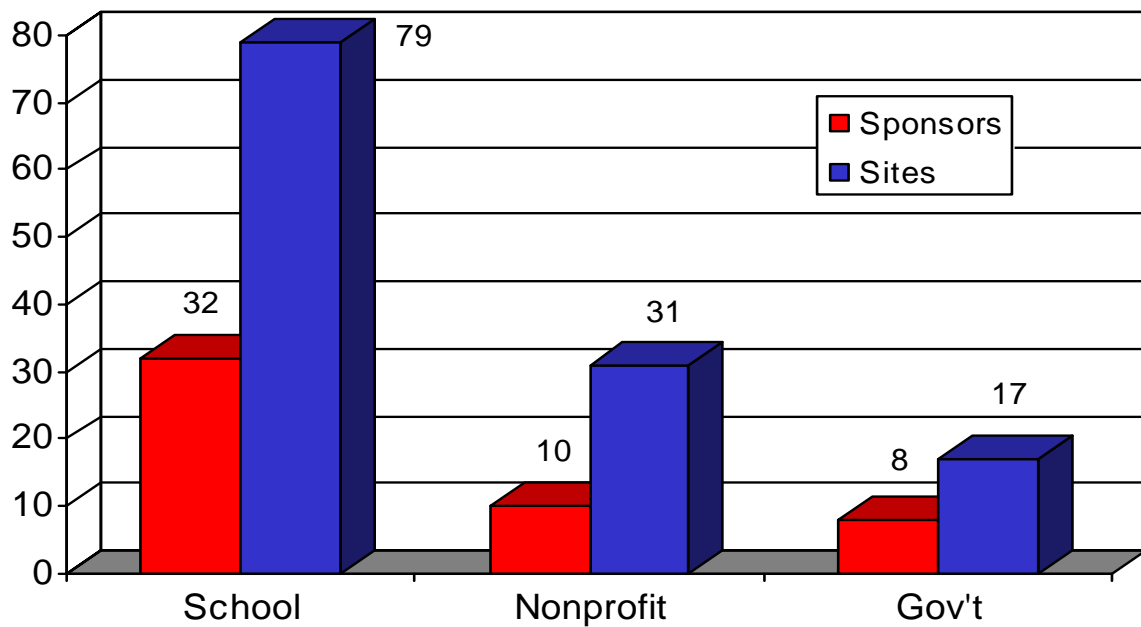
Sponsors for the SFSP include school districts, local government agencies, public or private non-profit organizations and camps. A total of 58 sponsors provided meals at 149 sites in Montana during the summer of 2005. This represents a slight decrease (less than one percent from the summer of 2004). Sites operate in low-income areas where at least one half of the children come from families that qualify for free or reduced-price meals.



## Types of Summer Sponsors Participating

In Montana, Summer Food Service Program (SFSP) sponsors include schools, nonprofit organizations, and government entities. "Sponsors" are organizations that operate the SFSP, and "sites" are the total number of places that sponsors serve meals on a daily basis.

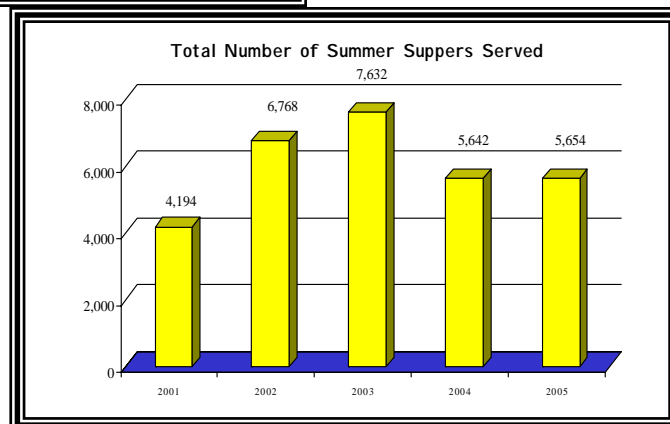
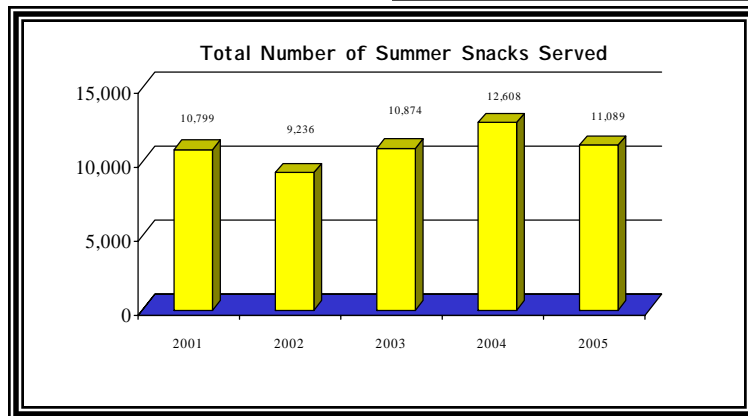
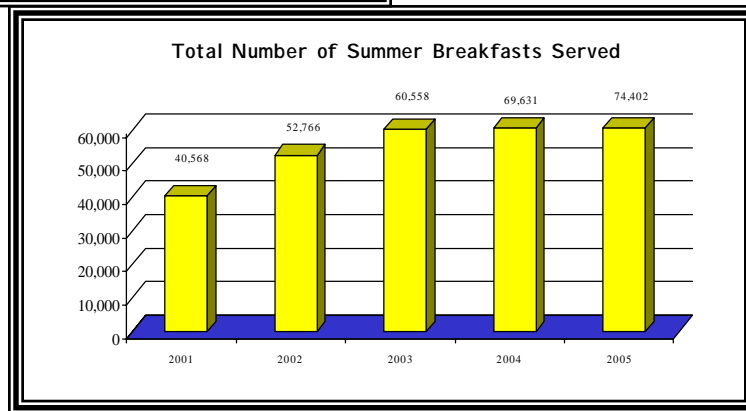
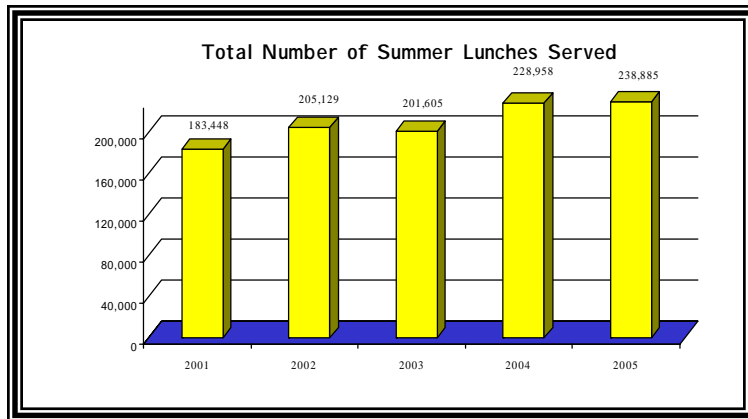
**Types of SFSP Sponsors**





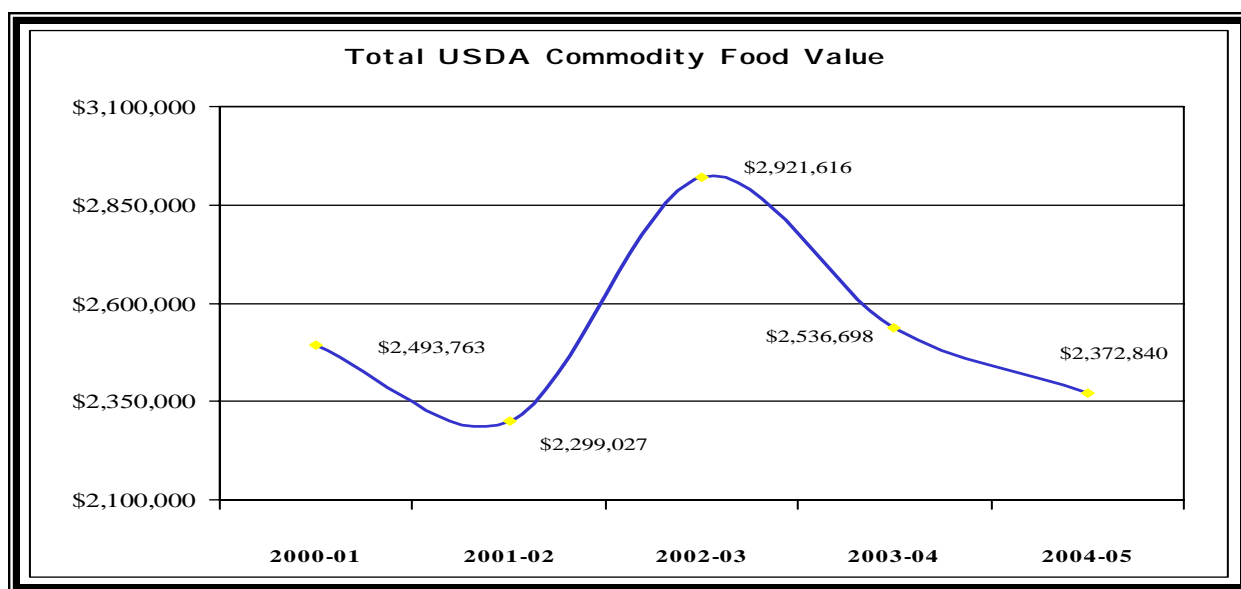
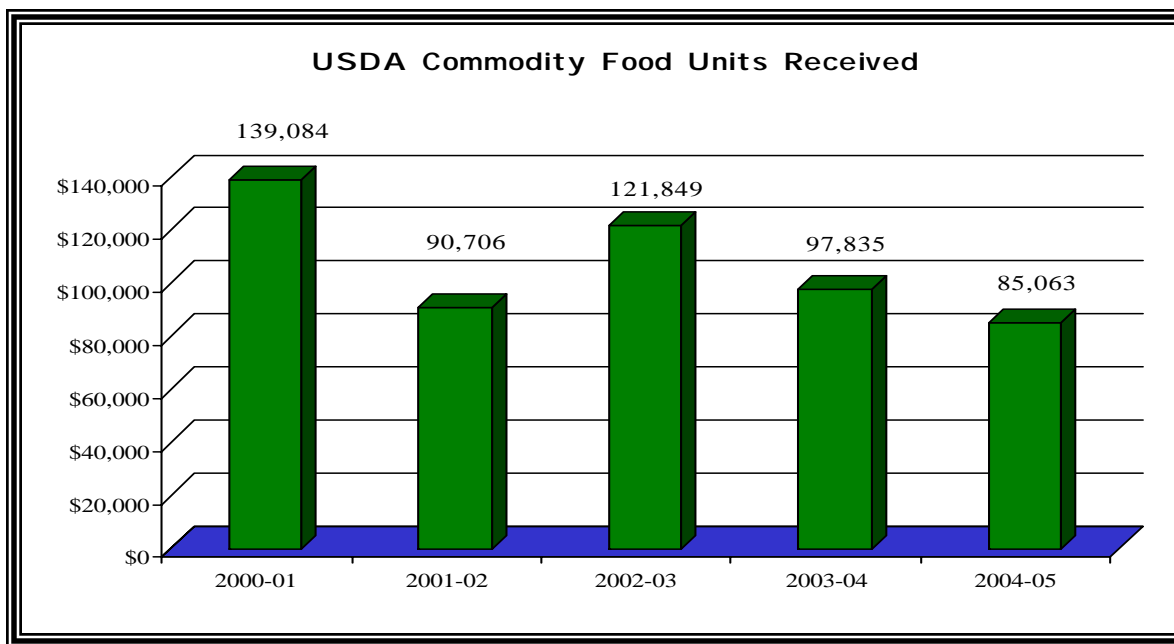
# Summer Food Service Program

## Number of Meals Served



## USDA Food Distribution Program

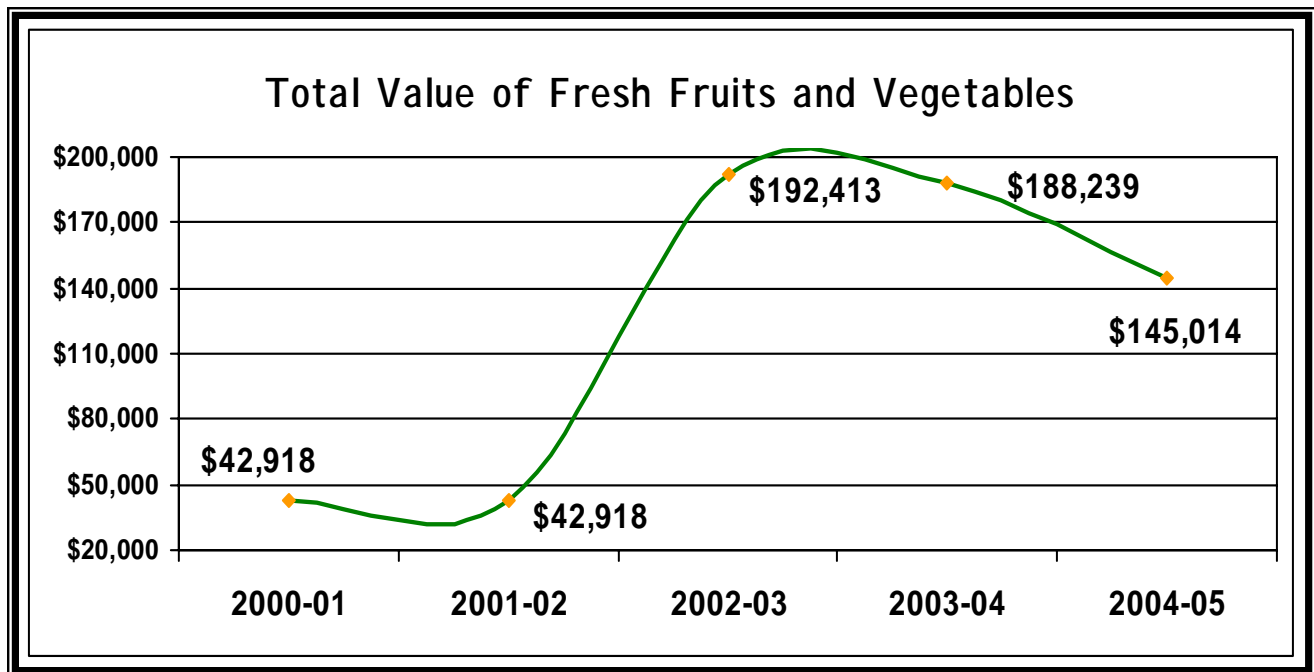
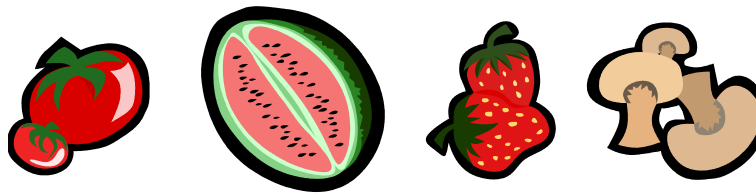
The Food Distribution (Commodity) Program delivers a variety of USDA commodity foods to School Food Authorities. During the 2004-05 school year, schools received an entitlement of 15.25 cents for each lunch served (during the previous school year) to spend on commodity foods. In 2004-05, this entitlement totaled \$2,372,840 (85,063 cases of food).



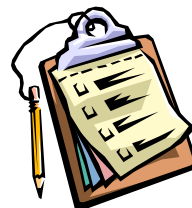
## Fresh Fruit and Vegetable Program

A portion of the total entitlement for Montana's Food Distribution Program is set aside for the Fresh Fruit and Vegetable Program. This program is funded through the U.S. Department of Defense, and allows schools that participate in the National School Lunch Program to use the USDA commodity entitlement to purchase fresh fruits and vegetables.

During the 2004-05 school year, School Nutrition Programs was allocated \$145,014 for this program, compared to \$188,239 the previous year; and 198 school districts participated, compared to 189 the previous year. This is equal to approximately \$0.97 per student, per year.



# **PROGRAM ACTIVITIES**



## **REVIEWS**

### **Coordinated Review Effort (CRE)**

The Coordinated Review Effort is a comprehensive on-site evaluation of the School Food Authority once every five years. Areas of review include (but are not limited to):

- Meal counting and claiming procedures
- Free and reduced-price meal applications
- Reporting and record-keeping
- Civil rights
- Program self-reviews
- Safety and sanitation

School Nutrition Programs staff conducted 70 coordinated reviews during the 2004-05 school year. School Food Authorities submitted corrective action plans as needed.

### **School Meals Initiative (SMI)**

The National School Lunch Act mandates that school meals "... safeguard the health and well-being of the nation's children." In 1996, the School Meals Initiative for Healthy Children established nutrition standards for meals served at school.

School lunches must meet the recommendations of the Dietary Guidelines for Americans, which specify no more than 30 percent of calories come from fat, and less than 10 percent of calories come from saturated fat. School lunches must provide one-third of the Recommended Dietary Allowance (RDA) of protein, calcium, iron, vitamin A, vitamin C and calories. School breakfasts must provide one-fourth of the RDA for the same nutrients. Afterschool snacks must provide two food components (meat/alternate, fruit, vegetable, grain, milk).

During the 2004-05 school year, 70 School Meal Initiative Reviews were conducted. Areas reviewed included:

- Nutrient analysis of menus
- Menu requirements, variety, and appeal
- Meal production records
- Standardized recipes
- Meal service and healthy school environment
- Food safety
- Cost control

### **Summer Food Service Program (SFSP) Reviews**

School Nutrition staff conducted 33 sponsor reviews and 34 site reviews in 2005. Sponsors who were found to be in violation of program requirements submitted corrective action plans.

### **SNP Activities in 2005**

*(In addition to the CRE, SMI, and SFSP reviews)*

- ✓ Provided new manager and new school training to 10 schools.
- ✓ Provided technical assistance via telephone, e-mail, Internet, group trainings, and on-site school visits and reviews. Typical areas of assistance include menu planning, submitting claims for reimbursement, following federal regulations, promoting healthy school environments, providing nutrition education, and providing assistance in serving nutritious and appealing meals.
- ✓ Provided additional technical assistance this year in the areas of cost control, promotion of school meal programs (especially breakfast), and implementing Healthy School Nutrition Environment policies and procedures.
- ✓ Conducted Foodservice Manager Training on October 21-22, 2004 at four regional locations.
- ✓ Conducted Administrative training (for school clerks, superintendents, etc.) on September 15-16, 2004 at four regional locations.
- ✓ Conducted SFSP sponsor training in 12 locations throughout the state.
- ✓ Conducted the annual OPI/MSFSA School Foodservice Managers conference on June 21-23, 2005, in conjunction with the Montana School Food Service Association (MSFSA).
- ✓ School Nutrition Programs provided an Administrative Update and a cost control session at the annual Montana Association of School Business Officials (MASBO) conference in June 2005. A total of 42 SFAs attended the session.
- ✓ School Nutrition Programs provided regional Administrative Update training sessions in conjunction with OPI Budgeting and Accounting Workshops in Sidney, Miles City, Billings, Havre, Great Falls, Kalispell, Missoula, and Butte in July 2005. A total of 148 SFAs attended the sessions.



## Team Nutrition Program

The Team Nutrition Program, located at Montana State University - Bozeman, is the nutrition education component of School Nutrition Programs. Team Nutrition is an integrated, behavior based, comprehensive program geared toward improving children's lifelong eating and physical activity habits through the principles of the *Dietary Guidelines for Americans* and the *USDA's My Pyramid*. Team Nutrition involves schools, parents, and the community to improve the nutritional value of food and beverage choices throughout the school setting and to promote the health and education of children.

Team Nutrition receives funding through competitive USDA grants. School Nutrition Programs was awarded a Team Nutrition Training grant for the 2004-05 and 2005-06 school years. The goal of the 2004-05 grant was to increase support for Montana schools, childcare programs, and communities to improve children's lifelong eating and physical activity habits. It will enhance Montana's infrastructure to promote healthful lifestyle habits for Montana families by impacting both schools and child care settings. With help from state partners, it provides training and technical assistance for schools and childcare settings that are conducive to healthy eating and physical activity through local "grass-roots" initiatives and enhanced statewide media coverage.

## Team Nutrition Program Objectives

### Reach School Food Authorities, parents and the community by:

- increasing the number of schools and child care providers that prepare nutritious meals in accordance with USDA menu planning nutrition standards. American Indian schools, high schools, and child care programs will be targeted through training, technical assistance, and better access to Team Nutrition resources;
- increasing access to and use of Team Nutrition education curricula and resources for schools and child care programs through an expanded training schedule promoting healthy eating and physical activity to children and their families; and
- expanding the number of schools that promote a healthy nutrition environment through implementation of nutrition policies and best practices and expanded media coverage of "model" schools.



# Team Nutrition Program Activities

## Activities for Planned and Completed Objectives

- Presented at 20 national, statewide regional or local school district conferences on the important link between nutrition and learning for school personnel. This activity reached more than 5,000 participants and 272 School Food Authorities. Coordination with the Office of Public Instruction, Montana Behavioral Initiative and the Montana Department of Public Health and Human Services (DPHHS) has been instrumental in training school personnel. (July 2004-June 2005)
- With DPHHS, offered part four of the Healthy Schools Healthy Communities Summit, *Working Together for American Indian Families – Defeating Diabetes*. This workshop series is dedicated to supporting schools and communities on or near American Indian reservations in diabetes prevention. The workshops reached over 150 participants. The first offering of a Native American Cooking School (for school food service staff) is scheduled for the summer 2005. (Two regional workshops- April 2004)
- Maintained a School Food Service Peer Educator Network to assist school food service personnel throughout the state. The network takes advantage of the skills of local school food service professionals in sharing successful strategies in serving quality meals, offering nutritious food and beverage choices in a la carte programs and implementing a recess before lunch policy. (July 2004-ongoing)
- Offered a week-long cooking workshop, the MSU School Food Service Institute, for 20 school food service personnel. Through hands-on training, participants learned quantity food production skills with an emphasis on creating meals that are high in fiber and low in fat and sodium. Participants also learned successful marketing strategies to increase student participation. (August 2004)
- Maintained an electronic listserv for school food service personnel. Participants received information about topics ranging from recipes to staff wellness. Representatives from more than 150 School Food Authorities participated in this listserv. (on-going)
- Through Montana Action for Healthy Kids Team, developed and distributed 16 (\$300-\$1,000) mini-grants to Montana school parent organizations to improve their school nutrition environment. The ideas learned from this mini-grant program will be shared with school parent organizations throughout Montana. (May 2004-ongoing).
- Developed and distributed over 500 copies of the *Healthy Students Learn More: The Value of Improving Nutrition & Physical Activity in Montana Schools* guide to Montana school personnel. This resource provides information on the six components of a healthy school nutrition environment and showcases steps Montana schools are taking to healthful eating and physical activity. (October 2004-ongoing)
- With Eat Right Montana Coalition, distributed over 7,000 copies of the Fit Kid = Happy Kids poster and handouts to schools, child care programs, community organizations, health departments and physician offices which promoted six easy steps for parents to take to promote a healthy weight in their children. (September 2004-ongoing)
- Through OPI and statewide partners, distributed 580 *Food for the Mind* Weekend Nutrition Book Bag Kits to elementary classroom teachers to use with their students and their parents in promoting healthful eating through literacy. (July 2004-December 2004)
- Developed and distributed 130 idea kits for National School Lunch Week (October 2004) and School Breakfast Week (March 2005).
- Conducted menu analyses of 70 School Food Authorities involved in the School Meals Initiative Reviews. (October 2004-May 2005)

# Cooperative Purchase Program

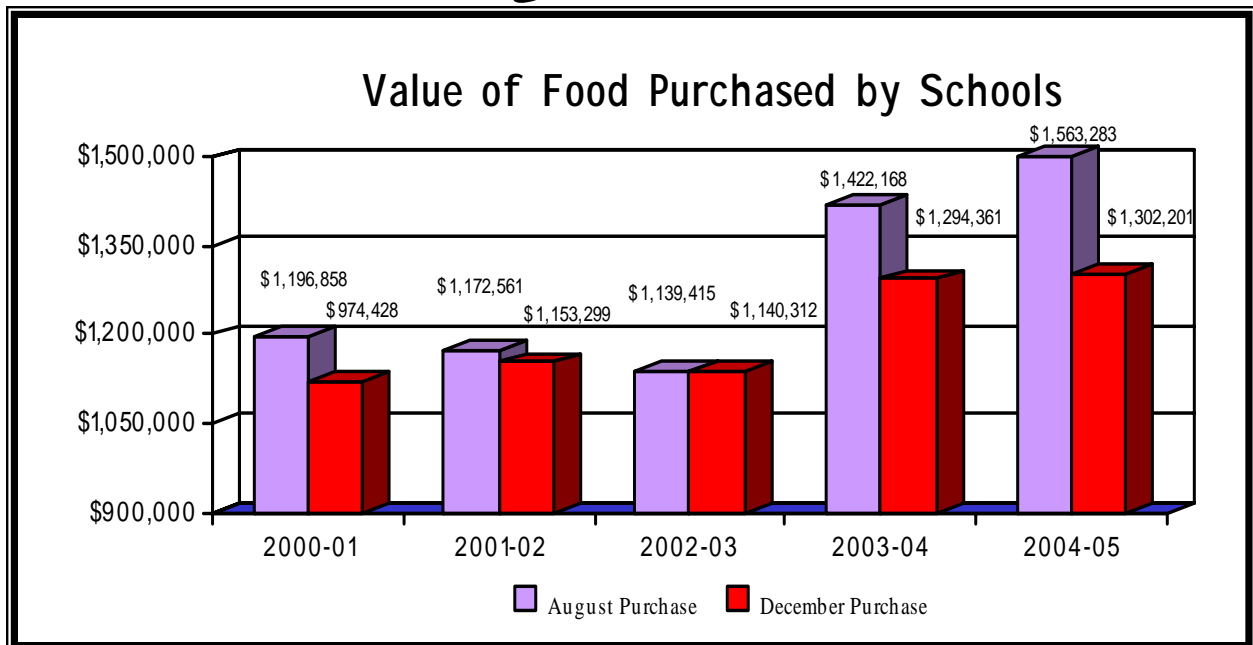
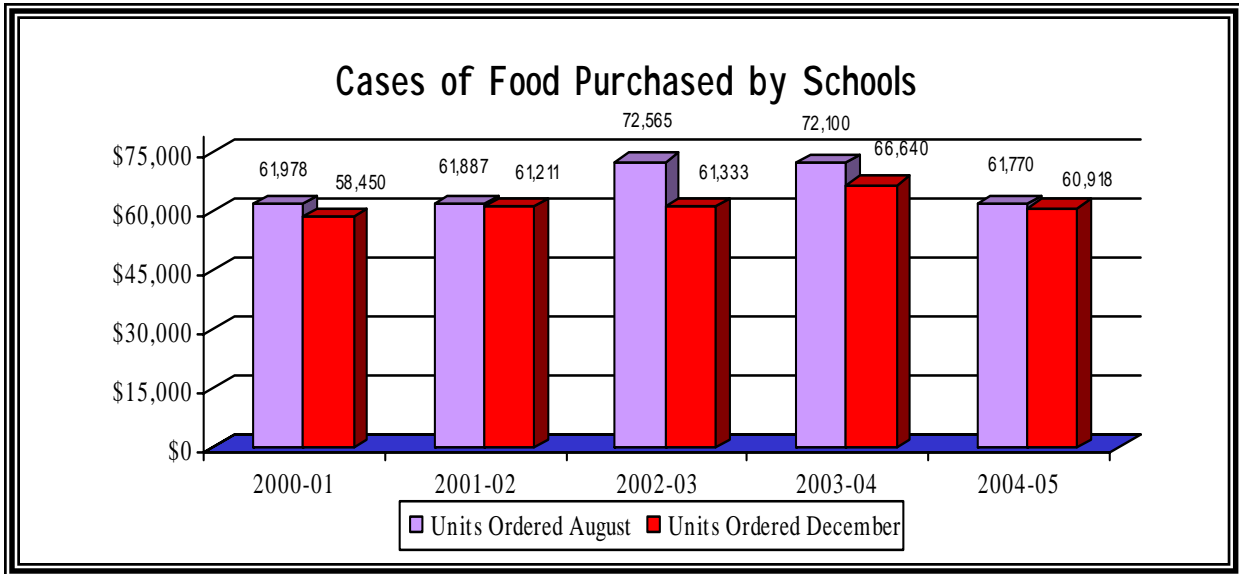
The Cooperative Purchase Program was implemented in 1980 to assist schools in purchasing high-quality nutritious foods at reasonable prices. There are two bids a year (winter and spring) and two deliveries per bid for a total of four food deliveries per year. During the 2004-05 school year, Montana schools purchased 122,688 cases of food worth \$2,865,484.

The Cooperative Purchase Program serves as a liaison between schools and food manufacturers, producers, processors, distributors, and representatives. The Program is also represented in the Montana School Nutrition Association; Big Sky Public Purchasing; and Montana Beef Council.

- Through the Advisory Bid and Commodity (ABC) Committee, the Cooperative Purchase Program continuously revises and improves the items available through the bid. The committee consists of state agency staff and 30 school food service personnel from schools representing various sizes and locations in the state.
- Food items included on the bids must be appealing, nutritious and cost-effective.
- By combining purchase orders, all participating schools are able to receive the high-quality, low-cost bid items at the same price regardless of size or location.
- Nutrition information for all products available on the bid is maintained at the State Agency (SNP). Information is sent to participating schools to assist with nutrient analysis of menus.
- Purchasing assistance is offered to school personnel through daily telephone contact and regional or state training sessions.



## Cooperative Purchase Program (cont.)





# School Nutrition Programs

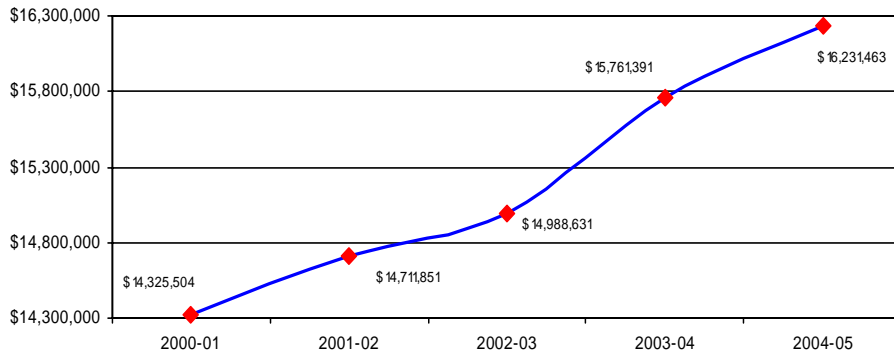
## Federal Reimbursement Rates for 2004-05

<b>SCHOOL NUTRITION PROGRAMS</b> <b>MEAL, SNACK AND MILK REIMBURSEMENT RATES</b> Expressed in Dollars or Fractions Thereof <i>Effective from July 1, 2004 - June 30, 2005 for School Programs</i> <i>Effective from January 1, 2005 - December 31, 2005 for Summer Food Service Program</i>			
<b>NATIONAL SCHOOL LUNCH PROGRAM</b>	Less than 60%		60% or more
Paid	0.21		0.23
Reduced Price	1.84		1.86
Free	2.24		2.26
<b>SCHOOL BREAKFAST PROGRAM</b>	Non-severe need		Severe need
Paid	0.23		0.23
Reduced Price	0.93		1.17
Free	1.23		1.47
<b>SPECIAL MILK PROGRAM</b>	All Milk	Paid Milk	Free Milk
Pricing Programs without free option	0.13	N/A	N/A
Pricing Programs with free option	N/A	0.17	Average cost per ½ pint of milk
Non-pricing programs	0.13	N/A	N/A
<b>AFTERSCHOOL SNACK PROGRAM</b>			
Paid	0.05		
Reduced Price	0.30		
Free	0.61		
<b>SUMMER FOOD SERVICE PROGRAM</b>	Operational		Administrative
		High	Low
Breakfast	1.42	0.14	0.1125
Lunch & Supper	2.48	0.26	0.2154
Supplements (Snacks)	0.58	0.07	0.0550

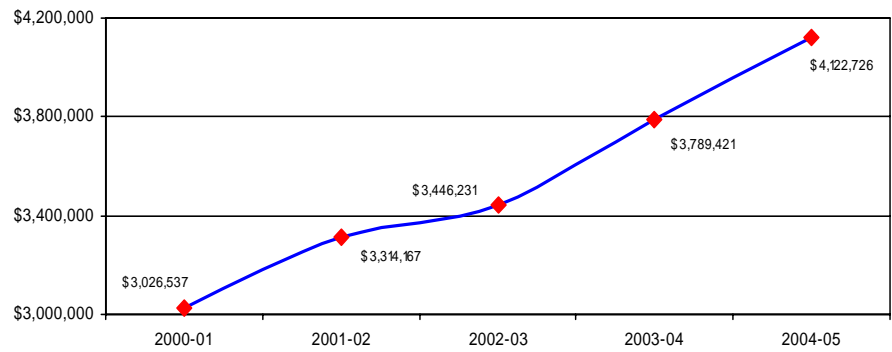
# Reimbursement for the School Nutrition Programs

Total reimbursement paid to schools for meals served (lunch, breakfast, snacks, and milk) during the 2004-05 school year totaled \$20,523,695.

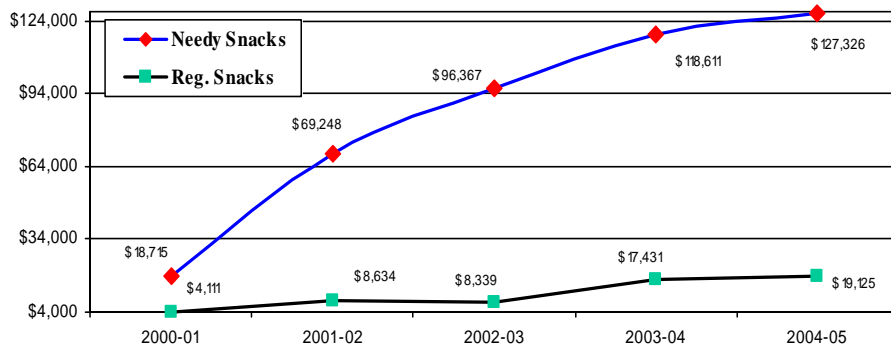
**Total Federal Reimbursement for Lunch Meals**



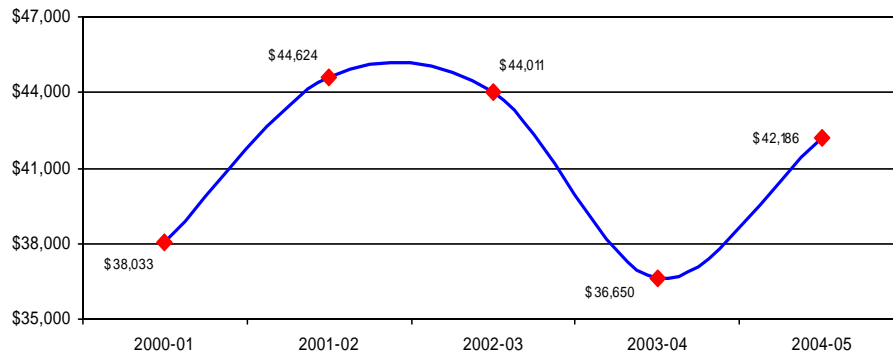
**Total Federal Reimbursement for Breakfast Meals**



**Total Federal Reimbursement for Snacks**



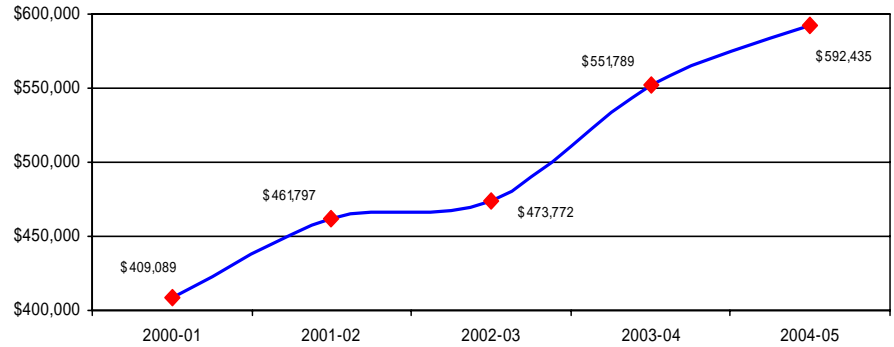
**Total Federal Reimbursement for Milk**



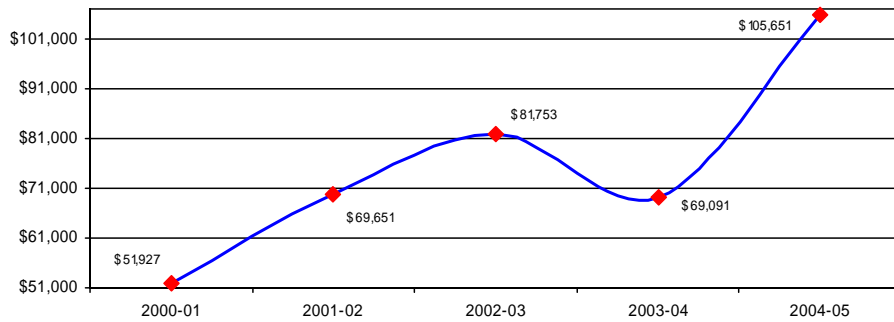
# Reimbursement for the SFSP

The total meal reimbursement (for lunch, breakfast, snacks, and supper) paid to summer sponsors in 2005 was \$726,130. Administrative reimbursement totaled \$41,913.

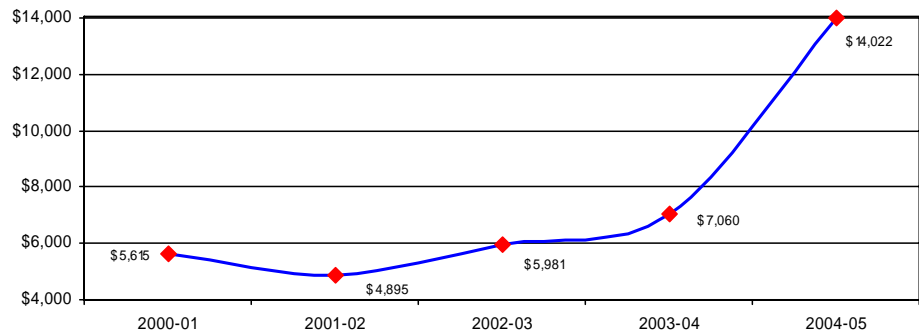
**Total Federal Reimbursement for Summer Lunch Meals**



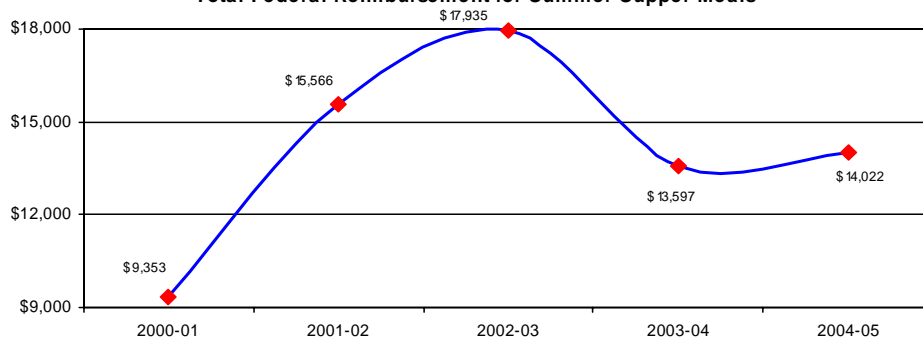
**Total Federal Reimbursement for Summer Breakfast Meals**



**Total Federal Reimbursement for Summer Snacks**



**Total Federal Reimbursement for Summer Supper Meals**



# Financial Management

The USDA provides general assistance for every reimbursable meal served to children in school according to reimbursement rates that are updated yearly.

School Food Authorities reported \$24,450,698 in program income (federal reimbursement, state matching funds) and \$45,858,049 in program expenditures during the 2004-05 school year. After subtracting federal reimbursement, local support to the meal programs was \$21,407,351 or 48 percent of the total expenditures.

The State of Montana matched \$626,466 during the 2004-05 school year. The funds were used to cover the cost of shipping and handling, storage, and processing of USDA commodity foods. The remaining balance of \$24,000 was distributed to School Food Authorities that implemented School Breakfast Programs during the 2004-05 school year; School Nutrition also distributed an additional \$18,000 from the Department of Commerce to schools that implemented School Breakfast Programs.

## FUNDING FOR THE SCHOOL NUTRITION PROGRAMS IN MONTANA October 1, 2004- September 30, 2005

School Income from Federal Funds	
Reimbursement for Lunch Meals	\$16,231,463
Reimbursement for Afterschool Snacks	\$146,451
Reimbursement for National School Lunch Program (including Snacks)	\$16,377,908
Value of Regular Commodities	\$2,368,355
Value of Commodity Entitlement used for the Fresh Fruits and Vegetable Program	\$145,014
Total Value of Commodities for lunch and snacks	\$2,513,369
National School Lunch Program (lunches, snacks and commodities)	\$18,891,277
School Breakfast Program	\$4,122,726
Special Milk Program	\$42,186
Reimbursement for Meals and Snacks	\$697,134
Administrative Funds for Sponsors	\$66,424
Total Value of Commodities	\$4,485
Summer Food Service Program	\$768,043
Total Federal Funding	\$23,824,232
School Income from State Matching Funds	
Total State Matching Funds (July 1, 2004-June 30, 2005)	\$626,466

School Expenditures	
Total School Expenditures (Food, Labor, Other)	(\$45,858,049)

Total Federal Funding	\$23,824,232
Total State Funding	\$626,466
Total School Expenditures	(\$45,858,049)
<b>BALANCE (Student and adult payments, general fund, and other sources):</b>	<b>(\$21,407,351)</b>